

# WARREN SENTINEL



"Jolly Rogers"

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Volume 65, Issue 10

F. E. Warren Air Force Base, Wyo.

March 10, 2006

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**CALAMITY JANE**  
Norma Slack performs at the Women's History Month luncheon Tuesday at the Trail's End Club. Ms. Slack is the great-grand niece of Calamity Jane and has been portraying her famous aunt for 10 years.



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posters  
inside

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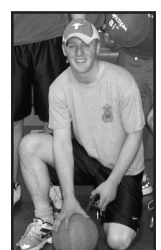
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# Commentary

## 0-0-1-3 works – I am alive to prove it

**Maj. Scott Shepard**

*Air Force Special Operations Command*

**HURLBURT FIELD, Fla.** - I arrived home Saturday with a few thousand dollars damage to the front end of my dream truck. I could have been the young man from Pensacola whose Ford Explorer is scrap metal and wondering how he is going to pay for a Life Flight helicopter ride ... if he ever makes it out of a critical care bed in the Baptist Hospital of Mobile, Ala.

Friday afternoon, an Airman in his Class A blues handed me a business card as I came through the front gate. The card read 0-0-1-3, a friendly reminder the Air Force has a nationwide campaign designed to increase awareness of responsible drinking. I placed the card in my drink holder and made a mental note. I had already enjoyed two beers during the last two hours at a retirement party. That meant only one more for the rest of the night. I had my third drink during a dinner ceremony at the club and arrived home thinking the night was a success.

After 23 years of service, some of those as a medic in the emergency room, I know the military has good reason to publicize "0" drinks for those below age 21 and "0" DUI offenses. The "1" drink per hour allows your liver enough time to process the alcohol and "3" maximum drinks per night keeps the body's blood alcohol content below 0.05 percent. It would be a pretty catchy hook if it worked...now I KNOW it does.

Saturday afternoon I noticed the "0-0-1-3" card in my cup holder, this time as I was driving to a college football game in Mobile. As anyone can tell you, football and beer go together like Florida State and Atlantic Coast Conference championships. Once again, I made a

mental note. I certainly didn't need the age 21 reminder, but I didn't need a DUI either.

I developed my game plan for Saturday night based on the catchy slogan. One beer at the tailgate party, one during the first half and I could still savor one more cold beer during the 4th quarter. Post-game tailgate, I stuck to my game plan and had my favorite caffeinated cola drink with brats and burgers. After the traffic and two-hours passed, I was headed east on Interstate 10, clear headed and looking forward to a boring drive home. That's what I remember thinking as I crossed the Mobile Bay bridge.

Just outside of Foley, Ala., my world and my truck came to a crashing halt. Another driver had decided he didn't need catchy slogans to drive home. His SUV side-swiped my truck doing something a little more than the posted 70 mph speed limit. A lot of luck and sober reaction time helped keep my truck right side up as I was pushed into the median. Not so for the SUV, I watched in slow-motion as the vehicle rocked and slid, then cart-wheeled into a double roll before slamming into the

**0-0-1-3, Page 3**

## Street Talk

*The Warren Sentinel asked Warren members, "Who is the most important woman in your life?"*



"My mom because she has always been there for me and supported me in the military."

**- Airman 1st Class Stephen Harrell, 90th Missile Security Forces Squadron**



"My wife because she runs the house."

**- Capt. Joel Douglas, 90th Operations Support Squadron**



"My mom because she was a single mother and raised three kids. She has taught me to be independent so I don't need other people to do things for me."

**- Senior Airman Kimberly Lifer, 90th Missile Security Forces Squadron**



"My mom because of all the things she does for me. She helps me out a lot."

**- Jacob Barrows, 90th Communications Squadron**

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90th Space Wing Commander

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# Community: The best antiterrorism tool

## What everyone can do for force protection

**Mark Ragsdale**  
90th Space Wing  
Antiterrorism

The Department of Defense has many tools it uses in furthering its antiterrorism programs. Some have catchy titles such as the "Tis-Wig" or Technical Systems Working Group; others sound more grand like the Force Protection Corporate Structure. There are dozens of councils, boards and working groups in Air Force Space Command alone that seek to guide and implement protective programs. Warren has the best anti-terrorism and security tool right here on our base: our community.

The key to using this tool is fostering a culture of security awareness where every Airman, Soldier, Sailor, Marine, government employee and family member aids in the protection of our community and organization.

Security programs done well are an investment in our quality of life rather than an expense. We can post more guards and buy

the best technology, but the overall effect doesn't likely match the capability we gain when everyone is a stakeholder in protecting each other, our assets and our missions. Guards, guns and gizmos can't economically provide the level of protection we seek.

The quickest and most cost-effective way to improve security in a community or organization is through education and awareness. We spend millions of dollars and thousands of hours preparing for crisis management — our actions in responding to a threat, incident or crime. We likewise train and prepare for consequence management — recovering from an incident. Crisis and consequence management are largely reactive and after the fact.

Security and antiterrorism awareness are proactive measures that can prevent a crime or incident, or should one occur, hasten and improve our response. They affect all aspects and phases of our protective programs.

Crime, to include terrorism, often relies on three elements: motivation to commit the act, opportunity and the ability. Security awareness impacts all of these to keep us safer. An organization that promotes vigilance will close the window of opportunity for an adversary by detecting them faster and possibly deterring the act from occurring. An alert and educated organization, likewise, erodes an adversary's capability. Security awareness complicates the planning and execution cycles in criminal and terrorist acts; it simply makes all aspects of the crime or act more difficult.

Our response is faster and our decision making more accurate when everyone pulls together to protect each other. We get greater freedom of movement by focusing on the right things and we increase an adversary's or criminal's margin of error — positively impacting our quality of life by deterring or limiting many ill events. This deterrent factor is a reflection of us acting on the motivation for committing an adverse act. With better information and greater focus provided by

**"THE QUICKEST AND MOST COST-EFFECTIVE WAY TO IMPROVE SECURITY IN A COMMUNITY OR ORGANIZATION IS THROUGH EDUCATION AND AWARENESS."**

**- Mark Ragsdale**  
90th Space Wing Antiterrorism

an alert community, we can carefully select tactics and wisely commit resources for everyone's safety and security.

The strength of our community, through awareness and education, includes weaving a security culture through all aspects of our community. Increasing our vigilance where anyone reports or challenges suspicious events and everyone is on guard for the benefit of the community, is vitally important. This entails knowledge of the threat, appreciating our risk and a familiarity with contacts for reporting an event or incident. On our installation, 10,000 eyes and ears are much more powerful than a few hundred if we were to rely on security forces alone.

Education is based on increasing knowledge of key aspects of our protective programs. By embracing many functional areas, we will have more comprehensive protection. Including security, crime prevention, antiterrorism, information assurance, force medical protection and safety in our educational and awareness efforts will solidly make our community safer and more secure.

Security is about our quality of life and force protection is about saving lives. In the end, our security and safety relies less on expensive weapons systems and complex operating procedures and more upon the "buddy system" applied on a large scale where everyone is looking out for everyone else.

## 0-0-1-3, From Page 2

trees and a ditch on the south side of the highway.

It only took a split second, but my decision to use the "1-3" formula not only saved my life, but as I crossed the blacktop that night it also saved a young man from possible death or permanent paralysis. The roll and impact of

the SUV had thrown the driver out the rear hatch-back window and into the cold water of a ditch that now held the twisted remains of his Ford Explorer.

I've seen enough trauma to know ejection type automobile accidents rarely end well. Due to some really great training as a PJ

and a clear thought process, I was able to provide first aid, maintain this young man's head in one position and work with EMS to get him on a Life Flight helicopter to the Mobile hospital.

Was a catchy slogan all that kept me alive and saved this man's life? Maybe — maybe not. I can

promise you this. A card with a catchy slogan and this Saturday's sequence of events ended with me kissing my 10-year-old daughter good night. That "0-0-1-3" card is worth handing out at the front gate of Hurlburt Field every Friday night for as long as it takes to teach responsible drinking.



# Community Assessment Survey to begin

## Previous years' results helped create 0-0-1-3, Fall Hall activities

**Capt. Nicole Walters**  
90th Space Wing  
Public Affairs

People Helping People-Integrated Delivery System is sponsoring the 2006 Community Assessment Survey of servicemembers, spouses, reservists and reserve spouses.

This survey is a vital resource for Air Force community members to make their opinions and needs known and the results are used to identify issues and enhance the well being of the community.

This survey affects Warren members. In fact, previous years' results have helped create 0-0-1-3, define Fall Hall activities and de-

velop family resources like marriage support seminars and single parent support systems.

"The 2006 Community Assessment Survey is a top priority," said Col. Michael Carey, 90th Space Wing Commander. "It's the best way for us to listen to community members and then provide services to help them meet their needs and the needs of their families. It allows them to express their opinions anonymously so participants can respond openly and honestly to issues that affect them every day."

The survey randomly selects Air Force community members and asks them to participate in the short

**"IT'S THE BEST WAY FOR US TO LISTEN TO COMMUNITY MEMBERS AND THEN PROVIDE SERVICES TO HELP THEM MEET THEIR NEEDS AND THE NEEDS OF THEIR FAMILIES."**

**- Col. Michael Carey**  
90th Space Wing Commander

survey. A notification letter with a link to the Web-based survey is sent to the work e-mail address while selected spouses are sent a letter in the mail.

"The 2006 Community

Assessment Survey provides community members a wonderful opportunity to improve the Air Force Community," said Glenn Garcia, IDS chairperson. "We hope those selected will do every-

thing they can to respond to the survey as quickly as possible."

This year's survey at Warren will be particularly important. As part of a Department of Defense sponsored initiative, this year's community assessment, along with some supplemental questions, will be used to direct additional resources to help servicemembers and families base wide, according to Mr. Garcia. Base agencies are working with researchers to ensure that this year's survey results are used to maximum benefit.

For more information regarding the 2006 community assessment, contact Mr. Garcia at 773-6278.

# Mercury levels on the rise in Warren's wastewater

**Mark Stella and Sara Cherry**  
90th Civil Engineer Squadron

Warren has experienced an increased level of mercury in the domestic and industrial wastewater over the past 18 months.

On several occasions, analytical results indicated that Warren exceeded its permitted effluent level for mercury, which could result in possible fines from the Board of Public Utilities and the Environmental Protection Agency.

Warren has taken proactive measures to identify several potential sources that may be contributing to the mercury concentrations detected in the wastewater; however, there may be unidentified sources that also contribute. The 90th Civil Engineer Squadron is asking personnel to review their processes and to be aware of what is being discharged into the sewer, as many industrial and household prod-

ucts cannot be disposed down the drain. The 90 CES is trying to determine possible mercury sources to eliminate and avoid any fines or punishments. Potential sources of mercury include the following:

- Thermometers
- Electrical switches
- Fluorescent light bulbs
- Dental fillings
- Paints
- Batteries
- First aid/medical equipment
- Barometers
- Thermostats
- Cleaners/chemicals

Possible entry routes to the sanitary sewer include sinks, toilets, showers, floor drains, etc. Anyone who has information that may help identify potential mercury sources in Warren's wastewater, contact Sara Cherry, Water Quality Program Manager, at 773-4356, or e-mail Sara.Cherry@warren.af.mil.

## NSI TIP: PRP CERTIFYING OFFICIAL

A certifying official is a commander who controls nuclear weapons, weapons systems, or critical components and performs the actual Personnel Reliability Program certification. The CO's position must allow sufficient personal contact with all PRP personnel to permit continual evaluation of their performance and reliability. The commander may delegate this duty to a deputy or assistant. The CO must be certified in a PRP category equal to, or higher than the personnel they are certifying. COs certify or decertify personnel into PRP.

For more information, call base PRP at 773-3490.



**When you make bad choices...  
Who's going to pick up the pieces?**

**0-0-1-3**

## Briefs

### Cell phone driving ban

Cell phone use while driving on base is now prohibited. The exceptions to this rule are if the vehicle is safely parked or the driver is using a hands-free phone. This offense may affect base driving privileges for both military and civilians, as each violation will result in the loss of three points. An individual who loses 12 points will have their driving privileges suspended for a minimum of six months. Civilians will be fined \$50 plus a \$25 processing fee.

### Asbestos and lead awareness training

Asbestos quarterly awareness training will be offered at the base theater from 1 to 3 p.m. Wednesday. Lead based paint awareness training will be offered from 3 to 4:30 p.m. Annual attendance is mandatory for the following people:

90th Civil Engineer Squadron Craftsmen, Construction Inspectors, Engineers, Facility Custodians, and anyone else who may disturb materials in buildings constructed prior to 1982. 90th Communications Squadron Line Runners, Facility Managers, Maintenance Workers, Custodial Workers, Project Managers, Auto Hobby Shop personnel and any individuals performing self-help work in buildings constructed prior to 1982.

Group and squadron Commanders who are unable to attend may take an abbreviated computer based version instead.

For more information, contact Mike Zak at 773-4358.

### AETC special duty assignment

The AETC special duty briefing team conducted their scheduled visit Tuesday. Air Force members who missed the team's visit do not have to wait for the next visit to apply for an AETC special duty. For more information about recruiter opportunities and an application, visit [www.afrecruiting.com](http://www.afrecruiting.com) or call DSN 665-0584. For military training instructor information, visit the Web site <http://www.lackland.af.mil/737web/main.cfm> or call DSN 487-1018. Visit the Web site <https://hq2af.keesler.af.mil/MTL> for information regarding military training leader special duty opportunities. If interested in an assignment as a PME instructor or technical training instructor, contact the military personnel flight at 773-1845.

# National Nutrition Month

## Breakfast: The right start every day

### 90th Medical Group Health and Wellness Center

When beginning a daily morning routine – getting lunches packed, kids ready for school and getting out the door – the American Dietetic Association reminds everyone to be sure breakfast is one of a family's top priorities.

Breakfast is important to everyone's overall health and performance. It is an early-morning refueling stop for the body. After eight to 12 hours without a meal or a snack, the body needs to replenish its glucose, also called blood sugar, the main energy source for the brain.

Studies show breakfast eaters tend to have more strength and endurance, better concentration and

problem-solving abilities. On the flip side, those who skip breakfast often feel tired, irritable or restless in the morning.

Breakfast is essential to children's health and nutrition and gives them a jump-start on their day's requirements for vitamins, minerals and other nutrients.

Research shows kids who eat a morning meal regularly tend to perform better in school, often scoring higher on tests. Kids who skip breakfast tend to be tardy or absent from school more often. Breakfast eaters often behave better in school, too.

You should eat breakfast too. Kids who see their parents eat breakfast are more likely to eat breakfast. If time is a concern for you in the mornings, start the day

with quick breakfast options, like:

- Whole-grain cereal with fruit and milk
- Whole-grain cereal with a cup of yogurt
- Toasted waffles topped with peanut butter
- Instant oatmeal with milk and dried fruit
- A whole-wheat pita stuffed with sliced hard-boiled eggs.

If your taste buds just don't crave breakfast foods, enjoy a sandwich or leftovers like pizza, pasta or rice in the morning. Just make sure to start the day the healthy way – with breakfast!

For more information on healthy eating, stop by the Health and Wellness Center and set up and appointment with the dietitian, or call 773-4292.

## St. Patrick's Day Celebration

### A Pot of Gold Awaits You!\*

**Come join the 90th Space Wing Chapel for a good, old-fashioned St. Patrick's Day Celebration**

**MENU:**  
Corned Beef, cabbage and beverages provided.

March 11, 2006  
6 p.m.  
Pronghorn Center

**Call Pat Vaughn at 307-773-3434 for more information.**

Please Bring:  
A-H: Side Dish  
I-M: Bread/Salad  
M-S Vegetable  
T-Z: Dessert

## SARC: HERE TO HELP

The 90th Space Wing Sexual Assault Response Coordinator is available to help all in case of a sexual assault. This invaluable service is available 24-hours a day and can be reached at 773-6444. The office is located in Building 1200, next to the 90 SW Military Equal Opportunity Office. The SARC guarantees full confidentiality and anonymity. Anyone who suspects an incidence of sexual assault is strongly encouraged to report the incident as well.

Restricted or confidential reports of sexual assault can only be made to the SARC, medical personnel or a chaplain. Medical personnel who receive a report of sexual assault must immediately notify the SARC.

Any Air Force member or civilian employee who receives a report of a sexual assault incident from a subordinate in the individual's supervisory chain will report the matter to the Office of Special Investigations, the only exception being those offices mentioned above which are authorized to receive restricted reports.

Remember, the SARC is a service available to all. There are trained professionals willing to help 24 hours a day, seven days a week. If you or someone you know has been sexually assaulted, please contact them at 773-6444.





Photo by Staff Sgt. Christopher Coleman

## 90 MXG IN IRAQ

Members of the 407th Expeditionary Security Forces Squadron deployed from Warren to Ali Base, Iraq, pose for a picture recently. The men and women are from the 90th Maintenance Group and provide armed escort duty for third country nationals and local nationals conducting business on the base.



Photo by Tech. Sgt. Raheem Moore

## MISSION COMPLETE

PETERSON AIR FORCE BASE, Colo. – Lt. Gen. Frank Klotz, Col. Jay Santee, Col. John Hyten, and Col. Jimmy McMillian hose down General Lance W. Lord, Air Force Space Command Commander, after his “Fini Flight” here Feb. 27. The Fini Flight is an Air Force tradition of dousing an Airman after his or her final flight with the unit. General Klotz is AFSPC’s vice commander, Colonel Santee is the 21st Space Wing commander, Colonel Hyten is the 50th Space Wing commander, and Colonel McMillian is the AFSPC commander’s executive officer.

# Air Force women weather down stereotypes

**Staff Sgt. Becky LaRaia**  
43d Airlift Wing Public Affairs

## POPE AIR FORCE BASE, N.C.

- Two combat weathermen with the 18th Weather Squadron are taking historical steps for women without even knowing it.

First Lt. Alexia Forbes and Senior Airman Jackie Miller are not just the only two women in their squadron, they are also two of the few active female parachutists in the Air Force.

Senior Airman Miller's first choice for an Air Force career would have been a pararescueman, but since her gender made that impossible, she picked the next best thing - combat weather.

Although Airman Miller thought she was ready for jump school straight out of basic training, she had to spend two years learning

weather at a hub and then volunteered for the special duty assignment to Pope.

Lieutenant Forbes graduated from the Air Force Academy and was sent directly into combat weather.

Since special operations was not an option for the lieutenant, she thought combat weather would be both mentally and physically challenging.

At the 18th Weather Squadron, Lieutenant Forbes and Airman Miller help provide weather support for the 82nd Airborne Division.

Both Airmen jump into the field with the Army and provide weather support to the units as they move forward.

The lieutenant said her biggest challenge when she first arrived was overcoming the stereotype of being a young “butter bar” straight

out of the academy, but she also said that she always felt accepted by the members of the unit.

Regardless, she “jumped right in” and began proving herself.

“I never wanted anyone to feel like they had to carry my weight,” she said.

Airman Miller said her most memorable experience was a night tactical combat equipment jump with the 82nd Airborne Division. She was tasked with a follow-up mission on her own.

“It wasn’t so much the actual mission that was memorable, but it was the fact that they sent me and trusted me,” she said.

Lieutenant Forbes said working with the guys on the team is the best part of her job.

Both Airmen agree it is a challenge to win the men over.

“The most challenging thing is

selling yourself as a whole person,” Airman Miller said.

Neither Airmen want to be viewed as intruders.

“I try not to think of myself as a girl in their world,” Airman Miller said. She said she wants to only stand out because of the quality of her work and not because she’s a female.

Airman Miller said she awes Patty Wagstaff, who is the best acrobatic pilot in America.

“Men high in the aviation community refer to her as the best acrobatic flyer in America. They don’t refer to her as the best female. She’s just the best. I look up to people who don’t try to be something. They just are,” Airman Miller said.

Both Airmen are unsure about their futures, but for now they are satisfied to just make the most of each day they have working as combat weathermen.

# Volunteers: Making a difference in the community

## Warren civilian volunteers with fire district

**2nd Lt. Josh Edwards**  
*90th Space Wing Public Affairs*

It's been said that volunteering comes easily when it's something you really enjoy doing.

"I've never been a big volunteer, but I sure enjoy this," said Joseph "Cujo" Carbaugh, 90th Mission Support Squadron Military Personnel Systems Chief, referring to his volunteer work for the Laramie County Fire District 8.

Mr. Carbaugh has been a volunteer with the fire district since November 2004. Over the last year, he has responded to 23 calls for emergency situations ranging from vehicle accidents to grass fires. He started out working support for the district.

Mr. Carbaugh is currently pursuing the Fire Fighter 1 and Wild Land Fire Fighting courses, and has attended various training throughout the year. One of these training sessions was a three-day workshop on military vehicle maintenance for the district's forestry trucks.

The fire district volunteers do all their own maintenance on their trucks and station, and are in the process of trying to get another station built, said Mr. Carbaugh.

"The thing that makes it so much fun is the people that are

there. I really enjoy the group that I work with," said Mr. Carbaugh. "It doesn't feel like it's volunteering, it feels like they're part of the family."

Last August, District 8 supported the Happy Jack Bluegrass Festival by supplying food and beverages to the three-day function. While the weather was unusually inclement for August, with non-stop rain and some snow flurries, the enjoyable company of the other district volunteers still made the experience fun, said Mr. Carbaugh.

Mr. Carbaugh, a single father, also enjoys volunteering for the district because he gets to take his son to train with him.

"It's kind of a family thing. They encourage it at training and meetings ... there are a couple other folks who bring their kids so that they really have a good time with it too," said Mr. Carbaugh.

There are about 20 to 25 volunteers active with the fire district, and about eight to 12 that are actual responders. In 2005, the district, which covers a rural area west of Cheyenne, received about 56 emergency calls, which is a small amount compared to other districts around Cheyenne, said Mr. Carbaugh.

Mr. Carbaugh said that the largest emergency he's responded



*Courtesy photo*

**Joseph Carbaugh, 90th Mission Support Squadron, suits up for training with Laramie County Fire District 8 recently. Mr. Carbaugh has volunteered with the district since November 2004.**

to was a grass fire on Jan. 23 near Gilchrist Elementary School, west of Cheyenne on Happy Jack Road.

"That [fire] was intense because we had a lot of structures that were threatened," said Mr. Carbaugh, "but at the same time it was great to see other districts, 1 and 2, and help from the base, in a very coordinated effort."

Mr. Carbaugh isn't the only Warren member that volunteers for the fire district. John Merrell,

who works at the Warren Fire Department in the 90th Civil Engineer Squadron, also volunteers with Laramie County Fire District 8.

Mr. Carbaugh encourages all Warren members who are interested in becoming a volunteer for any of the Laramie County fire districts to contact him at 773-2540.

Stay tuned for more difference makers in upcoming editions of the Sentinel.





Courtesy photo

## DODGEBALL CHAMPS

Members of the 90th Security Forces Group beat out five other teams Feb. 25 to win the base dodgeball tournament at Freedom Hall. The winning team from left to right: Airman Ryan Zenner, Airmen 1st Class Eric Norris, Eric Brewington, Staff Sgt. Jeffrey Dausey and Airman 1st Class Ryan Dailey.

# OSI Agent: Each day is extremely different

## Agent has worked with FBI, plans to pursue Peace Corps

*Special Agent Julie Armstrong, Air Force Office of Special Investigations, Detachment 805, recently talked to Airman 1st Class Tessa Cubbon about being an OSI agent, an agent's typical workday and joining the Peace Corps.*

### What did you do before the Air Force?

I joined the Air Force right out of high school.

### Why did you choose to become an OSI agent?

I became an OSI agent because I enjoy working in criminal investigations and can pursue a career in law enforcement while serving my country.

### How does one become an OSI agent? Is there an application process or is that the job you picked when you came in?

Becoming an AFOSI agent is a very long process. No matter if you are a civilian, enlisted or an officer, we all have a long application process to endure before being selected as a candidate. As a candidate, you usually have a few weeks of AT (agent-in-training) time at a detachment before you attend the Federal Law Enforcement Training Academy for six months. After you graduate from the academy, you receive your badge and credentials and return to your detachment to begin your journey as an AFOSI field agent.

### What was your original career field?

I originally joined the Air Force as an Information Management Specialist in 1996.

### What's the best part about being an OSI agent?

The best part about being an OSI agent is the wide range of training and experience we receive, as well as the variety of people and different law enforcement agents we have the privilege of working with.

### Describe your typical work day?

There is no typical work day in OSI- each day is extremely different and lasts anywhere from eight to 11 to [over] 24 hours.

### What do you think other people misunderstand or take for granted about your job?

People misunderstand OSI's purpose. OSI gathers facts in order to prove or disprove an allegation. OSI does not prosecute individuals or hand out punishments.

### Who's your hero?

My father and grandmother are my heroes because they are loving, patriotic, hard-working individuals with strong family values and have taught me to enjoy life and not take it for granted.

### When you were a kid, what did you want to be when you grew up?

When I was a kid I had three goals: to serve my country in the military, work for the FBI, and join the Peace Corps when I retired. (Two out of the three are complete so far.)

### What did you do for the FBI when you worked for them?

I worked for the FBI in Quantico, Va., as an Honors Intern for a few months. During my time, I worked in the Behavioral Sciences Unit which encompassed many different areas. Some of the areas included: skinheads and terrorists groups in the United States, cyber crime, death investigations, firearms training (to include the infamous Tommy Gun) and of course other areas I am not at liberty to mention.

### Why do you want to join the Peace Corps?

I want to join the Peace Corps for many reasons ... but mainly for the sense of adventure and a great

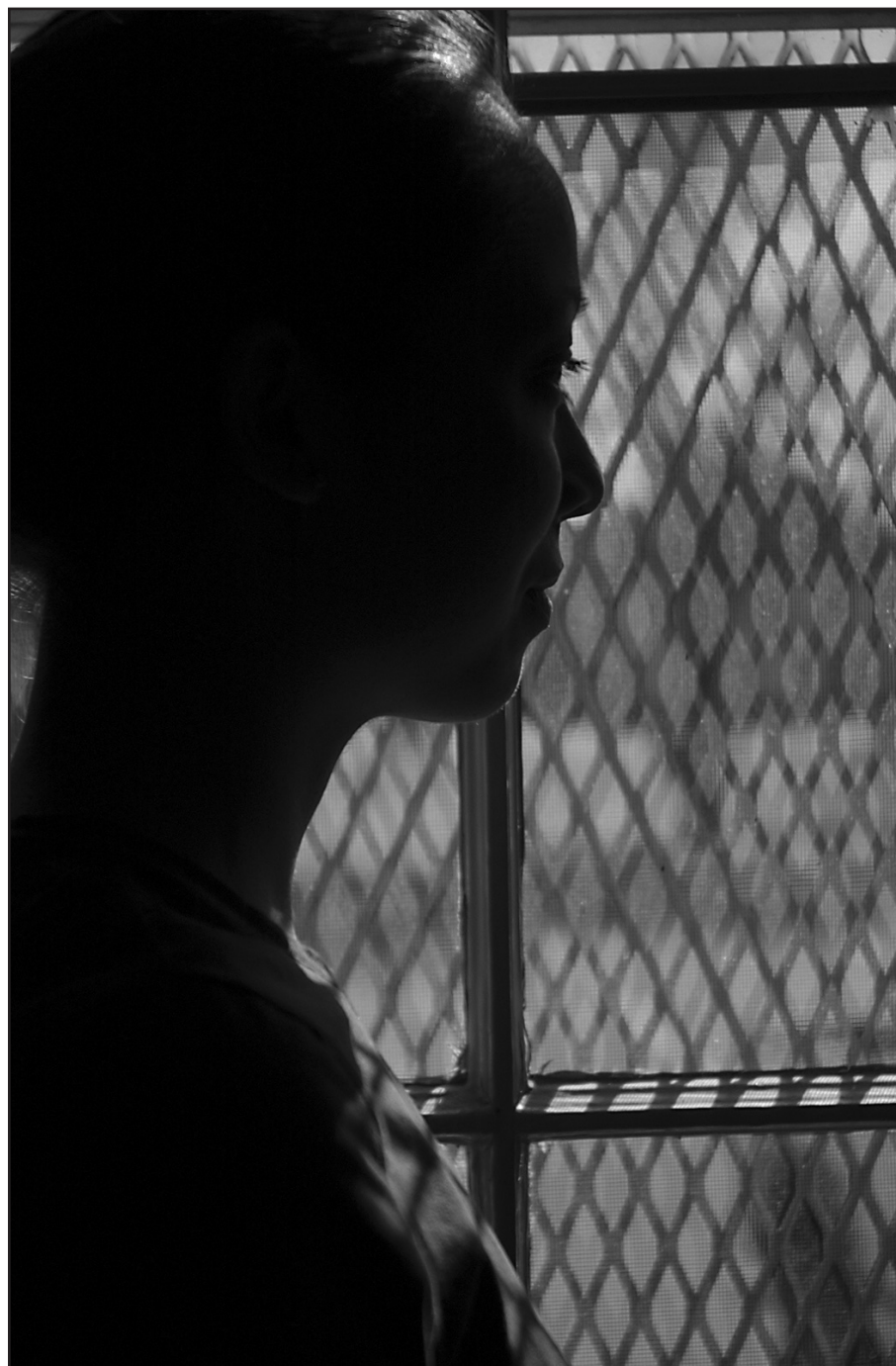


Photo by Airman 1st Class Tessa Cubbon

**Special Agent Julie Armstrong looks out of a window in her office Monday. Agent Armstrong volunteers at a local homeless shelter and the Veteran's Affairs Hospital.**

desire to help others. The Peace Corps was established in 1961 and has helped over 135 underdeveloped countries in areas such as: education, health, environmental preservation, business and agriculture. I have proudly served my country but I believe it is important to help serve other countries and people as well.

### What volunteer work do you do?

I volunteer at the Comea Homeless Shelter and the VA Hospital.

### How often do you volunteer at the Comea Homeless Shelter? The VA?

I try to volunteer at Comea and the VA a couple times a month, usually on the weekends – or as often as my job permits.

### What activities do you participate in on base?

I enjoy practicing with the base boxing team but it is very hard to be consistent with our schedule.





## Spring clearance sale

Save 33 percent on premium ski and winter wear at outdoor recreation during the month of March.

For more information, call 773-2988.

## Martial arts classes

Shorin-Ryu/Okinawan classes are held 6:30 to 8 p.m. Mondays and Wednesdays at the community center. The cost is \$30 per person, and \$65 for a family of four. Kevin Vance, a third degree black belt, is the instructor.

For more information, contact the community center at 773-3510.

## Chess tournament

All active-duty military members are invited to participate in the base chess tournament at 3 p.m. Saturday. Sign up at the community center. Trophies for first and second place will be awarded. Winners advance to the Air Force Space Command tournament held at L.A. Air Force Base, Calif., in April. The Air Force tournament will be held in May at Davis-Monthan AFB, Ariz.

For more information, call the community center at 773-3511.

## Ski Eldora

Outdoor recreation is hosting a trip to Eldora Mountain Resort Saturday. Season passes are still available for active-duty military for \$119 or \$29 for a single-day military pass. The cost for this trip is \$15 and includes equipment. Tickets or passes must be purchased at the resort on the day of trip (show military ID for discount). Trip departs ODR at 6 a.m. and returns approximately 6 p.m.

For more information, call 773-2988.

## Joining Forces at Six Flags

Joining Forces, open to active duty, guard, reserve, retirees, DoD civilians, base contractors, family members and friends, is at Six Flags and is scheduled for 10 a.m. to 6 p.m. April 15. Tickets are now available at outdoor recreation for \$19 per person and include lunch and a free return ticket for September or October.

Regular weekend park admission price is \$44.99. Bus transportation is \$10 while seats are available. Sign-up while purchasing your tickets. Parking at the park is \$10 per car. For more information, call ODR at 773-2988.

## Snowshoeing ecology trip

Outdoor recreation is hosting a two-hour instructional snowshoeing ecology tour to Rocky Mountain National Park March 18. Once complete, trip goers are welcome to visit the area on their own and explore the park. The cost is \$18 per person or \$65 for a family of four and includes snowshoes, transportation and entry into the park. The trip departs at 8:30 a.m. and returns approximately 7 p.m.

For more information, call 773-2988.

## Teen Center

The Teen Center, for children ages 13 (and those in seventh grade) to 18, is open 3 to 8 p.m. Mondays through Thursdays, and 3 to 10 p.m. Fridays and Saturdays. An-

nual membership is \$36.

Operation Night Hoops is also held at the Teen Center. Youth ages 13 to 18 are invited to the Teen Center 7 to 9 p.m. March 17 and 31 for Operation Night Hoops, a recreational basketball league for teens. The program includes weekly discussions on drugs, alcohol and tobacco, periodic life skills workshops and a pledge to be drug, alcohol and tobacco free.

For more information, call 773-2564.

## Colorado Eagles hockey

Outdoor recreation has tickets for the Colorado Eagles versus Wichita Thunder game to be held 7:05 p.m. March 24. Tickets are limited and cost \$16 and transportation to and from the Budweiser Events Center is \$6. The trip departs at 5 p.m. and will return at about 11 p.m.

For more information, call 773-2988.

## Massage at the aquatic center

The aquatic center offers massages for \$45 per hour and \$25 per half hour.

For more information or to make an appointment, call 773-3195.

## Red Cross swim lessons

Red Cross swim lessons are scheduled every Tuesday and Thursday from 4:30 to 5:30 p.m. for levels 1 to 4. The cost is \$26 per child.

For more information, call 773-3195.

## Burger Meal Deal day

Lunch at Warren Lanes every Monday is \$5. Get a choice of burger, fries or chips and a fountain soda with one refill.

## Free lunchtime bowling

Bowl two free games, shoes included, 11 a.m. to 1 p.m. weekdays when \$5 is spent at the snack bar.

## Zee's Barber Shop

Zee's Barber Shop, located in the Trail's End Club, is now open 8 a.m. to 4 p.m. weekdays. Haircuts are \$7.40 (club members receive a \$1 discount). Walk-ins are welcome. Appointments can be made by calling 635-5378.

## Road closure

There will be a CAPEX / Comanche Warrior rehearsal on Wednesday and Thursday. This will involve closing down the intersection of Central and Rogers avenues near Gate 5. There will be no through traffic – Gate 5 will be open on Wednesday from 6 a.m. to 5 p.m., and Thursday from 6 a.m. to noon to allow access to the horse stables and the Missile Handling Team Complex area only.

Traffic control points will be at the following locations:

TCP #1: Rogers Road near Building 2210/Pavilion (south)

TCP #2: 2340/CATMs (west) (will still allow access to 153rd CACS)

TCP #3: Rogers Road and Sampson Road intersection (north)

TCP #4: Inside Gate 5 Sampson Road (east) (will still allow access to Stables/MHT).

## HEALTH AND WELLNESS CENTER EVENTS

**Today**  
10 to 11 a.m.  
National Nutrition Month cooking demo

**Monday**  
10 to 11 a.m.  
National Nutrition Month cooking demo

**Thursday**  
4:30 to 6 p.m.  
You Can Quit Support Group

**March 22**  
1 to 4 p.m.  
Healthy Living Workshop

**March 23**  
4:30 to 6 p.m.  
You Can Quit Support Group

**March 28**  
8 to 11 a.m.  
Healthy Living Workshop

Visit the HAWC Web site for complete class listings:  
[www.php-ids.com](http://www.php-ids.com)

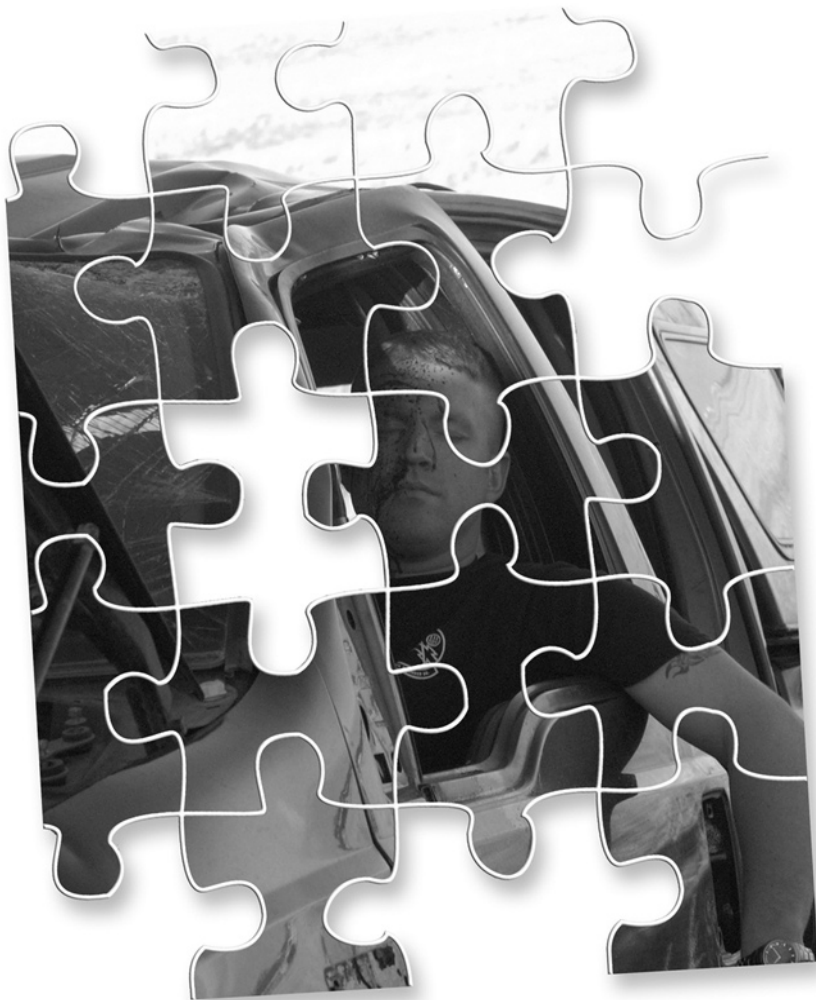
## COMMANDER'S ACCESS CHANNEL 19

The Pentagon Channel will be shown daily on Channel 19 at the following times:

12:30 to 3 a.m.  
3:30 to 5 a.m.  
8 to 9 a.m.  
9:30 a.m. to noon  
12:30 to 3 p.m.  
3:30 to 5 p.m.  
5:30 to 7 p.m.  
7:30 to 9 p.m.  
9:30 p.m. to midnight

The Peacekeeper deactivation video will be shown daily on Channel 19 at the following times:

7:01 to 7:06 a.m.  
9:01 to 9:06 a.m.  
12:01 to 12:06 p.m.  
3:01 to 3:06 p.m.  
5:01 to 5:06 p.m.  
7:01 to 7:06 p.m.



When you make bad choices...  
Who's going to pick up the pieces?

0-0-1-3

## Education briefs

### Education fair

An education fair is scheduled to be held from 10 a.m. to 2 p.m. April 12 at Fall Hall.

More than 20 colleges and universities will be available to answer questions and help base personnel find the right program for them. Information will be available on many degree and certificate options including EMT, homeland security and fire science. Learn about Troops to Teachers and Spouses to Teachers. Door prizes will be given and everyone is welcome.

### Attention American Military University students

Richard McMullen, Education Coordinator for AMU will be available from 10 a.m. to 2 p.m. Wednesday and March 29 to meet with students in Room 28 of the education center.

### Commissioning workshop

Are you active-duty enlisted and interested in becoming a commissioned officer? The Warren Education Center is presenting a commissioning workshop at 2 p.m. March 14 in the education center. Presentations include AFROTC programs (AECP, ASCP, SOAR, and POC-ERP), OTS and the Air Force Academy and prep school. For more information and to pre-register for the workshop, call the education center at 773-2117.

### Attention Keesler bound students

Students scheduled for training at Keesler Air Force Base, Miss., with an approved training line number and orders, should contact the following training squadron POC for billeting arrangements, Tyrena Rose, DSN 597-2932 or alternate POC Tracey Harris, DSN 597-1615. Billeting arrangements will not be made through Keesler lodging. Students will not be able to report to Keesler for training if they do not have a reservation secured via the training POC.

### Online tuition assistance briefings

The Warren Education Center will conduct briefings at 2 p.m. Fridays at the education center to provide information on the new Air Force Portal/Air Force Virtual Education Center On-Line Tuition.

For more information, call 773-2117.